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26. A process for preparing individual rod-shaped or plate-like crystals of valine-8-glucagon-like peptide-1 (7-37)OH [Val-8-GLP-1(7-37)OH], comprising the step of crystallizing Val-8-GLP-1(7-37)OH from a solution comprising Val-8-GLP-1(7-37)OH and between about 2-15% (v/v) ethanol, or between about 2-15% (v/v) propanol, or a monosaccharide or a disaccharide, and wherein the solution optionally comprises ammonium sulfate or zinc.
27. The process of Claim 26 wherein the concentration of Val-8-GLP-1(7-37)OH is between about 1-10 mg/ml and the pH of the solution is between about 6 and 7.
28. The process of Claim 27 wherein the concentration of Val-8-GLP-1(7-37)OH is between about 2-7 mg/ml and the solution comprises between about 3-13% (v/v) of ethanol.
29. The process of Claim 27 wherein the solution comprises ammonium sulfate at a concentration of about 1% (w/v).
30. The process of Claim 26 wherein the concentration of Val-8-GLP-1(7-37)OH in the solution is between about 1-20 mg/mL, the molar ratio of zinc to Val-8-GLP-1(7-37)OH in the solution is between about 0.5 to 1.7, and the pH of the solution is between about 7-10.
31. The process of Claim 30 wherein the concentration of Val-8-GLP-1(7-37) in the solution is between about 2-10 mg/mL, the molar ratio of zinc to Val-8-GLP-1(7-37)OH in the solution is between about 0.6 to 1.5, and the pH of the solution is between about 7.2-9.7.

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32. The process of Claim 26 wherein the solution comprises a monosachharide or disaccharide selected from trehalose, mannitol, glucose, erythrose, ribose, galactose, fructose, maltose, sucrose and lactose.
33. Flat rod shaped or plate-like crystals of valine-8-glucagon-like peptide-1 (7-37)OH [Val-8-GLP-1(7-37)OH] prepared by crystallizing Val-8-GLP-1(7-37)OH from a solution comprising Val-8-GLP-1(7-37)OH and between about 2-15% (v/v) ethanol or between about 2-15% (v/v) propanol or a monosaccharide or a disaccharide, and wherein the solution optionally comprises ammonium sulfate or zinc.
34. The Val-8-GLP-1 crystals of Claim 33 wherein the concentration of Val-8-GLP-1(7-37)OH in the solution is between about 1-10 mg/ml and the pH of the solution is between about 6 and 7.
35. The Val-8-GLP-1 crystals of Claim 34 wherein the concentration of Val-8-GLP-1(7-37)OH in the solution is between about 2-7 mg/ml and the solution comprises between about 3-13% ethanol (v/v).
36. The Val-8-GLP-1 crystals of Claim 35 wherein the solution comprises ammonium sulfate at a concentration of about 1% (w/v).

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37. The Val-8-GLP-1 crystals of Claim 34 wherein the concentration of Val-8-GLP-1(7-37)OH in the solution is between about 1-20 mg/mL, the molar ratio of zinc to Val-8-GLP-1(7-37)OH is between about 0.5 to 1.7, and the pH of the solution is between about 7-10.
38. The Val-8-GLP-1 crystals of Claim 37 wherein the concentration of Val-8-GLP-1(7-37) in the solution is between about 2-10 mg/mL, the molar ratio of zinc to Val-8-GLP-1(7-37)OH is between about 0.6 to 1.5, and the pH of the solution is between about 7.2-9.7.
39. The Val-8-GLP-1 crystals of Claim 33 wherein the solution comprises a mono or disaccharide selected from trehalose, mannitol, glucose, erythrose, ribose, galactose, fructose, maltose, sucrose or lactose.
40. A composition comprising individual flat rod shaped or plate-like crystals of Val-8-GLP(7-37)OH.
41. The composition of Claim 40 wherein the crystals of Val-8-GLP(7-37)OH vary in size from between about 2-25 microns by 10-150 microns with a depth from about 0.5-5 microns.
42. The composition of Claim 40 wherein the composition additionally comprises (zinc).
43. A pharmaceutical formulation comprising the composition of Claim 40.